NATIONAL DIETARY SURVEY

Office of Home Economics, States Relations Service,

U. S. Department of Agriculture

Washington, D. C.

Request for Cooperation - Directions to Investigators.

In order to determine the most rational course to pursue in the utilization of the food supply of the country, knowledge regarding the dietary habits and needs of the different classes of the population is of the utmost necessity. As one of a thousand or more cooperating investigators, you are asked, therefore, to obtain at once for the use of the U. S. Department of Agriculture facts as to kinds, amounts, and costs of food used and the kinds and weights of food waste in one family for one week. In doing this you will be rendering a real patriotic service of great importance.

Choice of Family. Investigators should choose a family whose dietary will be typical of the great majority in the community; this means a family on an average income. The families chosen by different investigators will represent, it is expected, wage-earning, professional, and other economic groups, and the various racial stocks. Those who can investigate two or more families are urged to do so, and to write at once to the Office of Home Economics for additional blanks for this purpose; if two or more are studied, it is desirable to choose families differing as to income, racial stock, or other fundamental conditions. The studies may be made in one's own family, or in other families willing to cooperate.

The Record Blanks. Enclosed will be found 17 blanks, a sufficient number for making the entire study. These include: one "Family Record Sheet", fourteen "Daily Record Sheets", numbered I and II, (it will require two of these sheets per day); and two "Inventory" sheets, (one may be sufficient; but if more space is needed, use the second).

Methods of Procedure. It is advisable to make a preliminary visit in order to interest the home-maker, and obtain her cooperation in the study. It may be possible at this time to get some of the information called for on the "Family Record Sheet"; the facts that are not obtained at this time may be filled in later.

The week's (21 meals') study requires the following: First, an inventory of the food on hand at the beginning of the week (this data is recorded on the blank marked "Inventory"); Second, a daily record of food purchased or otherwise brought into the house (e.g. produce used) for each day of the week; Third, that all foods be weighed on scales accurate to the ounce (a spring balance costing about one dollar is satisfactory), and proper allowance made for weight of can or other container; Fourth, that the values of foods be entered at local retail prices; Fifth, that the weights of all foods discarded be entered each day according to the directions stated on page 3 under "Waste and Refuse", (all information from Second to Fifth inclusive is to be recorded on the "Daily Record Sheets", using each day a set of the two pages numbered I and II); Sixth, an inventory of food on hand at the end of the week (this record is also put on the "Inventory" sheet used at the beginning of the study.) Daily visits and records are essential to accuracy. The statements called for on the "Family Record Blank" are needed to interpret the food facts.

Home produced foods, that is, those which are not purchased, but which come into the house from the home farm or garden, etc., are to be indicated by writing "H.P." (meaning "home produced") after each entry in the inventory and the daily records.

Inventory. Begin the study by making an inventory of food on hand at the beginning of the week (including all cooked food), entering the items in the

first column of the inventory blank, and valuing the items at current retail prices; in the case of food on hand in large quantities, such as barrelled goods, large supplies of canned goods, etc., set aside a portion believed to be sufficient for the week's use and include only this much in the "beginning inventory", adding to it as necessary and entering such addition in the day's record, and weighing what is left at the end of the week (or if preferred, weigh out from the large quantity the amount used from time to time through the week). A similar inventory is taken at end of week for foods left on hand.

The daily record of food purchased or otherwise brought into the house, e.g., as produced from farm or garden, is to be entered each day in the appropriate column with a detailed description of the precise kind of food, the weight to an ounce, and the retail value; dealers weights are to be verified; home products are to be weighed, just as though purchased, and valued at current local retail prices and marked "H.P." for identification. Include foods obtained and consumed outside between meals, such as candy, ice cream, etc., (but not meals consumed outside.)

Waste and Refuse. Save all refuse and waste until it is classified and weighed. (A convenient method is to ask the housekeeper to put each kind in a separate paper parcel). These include all parings, pods, shells, bones, trimmings of meat and any bits of food left from the meal which may be discarded. Do not record as waste any left-overs which will be eaten by the family later.

Enter the weight of each particular kind of waste in the daily waste column opposite the food item concerned; and under the column headed "Cause and Disposal", give in detail the reason for waste, that is, whether due to accident, spoilage, etc., and the disposition, that is fed to farm animals, poultry, pets, or given or thrown away. Disregard tea leaves and coffee grounds, and egg shells.

Recording the Food: Record all weights of foods in the condition in which they are purchased or produced, this includes bone and fat on meat, skins and leaves on vegetables, shells and pods on beans, peas, nuts, etc. Do not include cans, jars, bottles, boxes, and other containers. The weight of food in the container is usually stated on the labels of purchased goods.

Record all waste as above.

For description of foods, note the following suggestions, and follow the general idea when no directions are given with regard to a particular food.

Do not repeat an entry by listing raw materials and also foods prepared from these same materials. However, if any of the foods prepared from raw materials are on hand at the beginning or at the end of the week, include them in the inventory.

Specify and describe the foods as follows - the numbers of the following paragraphs corresponding to the numbered items on the Daily Record sheets.

1. Meats: Specify kind - as beef, pork, veal, etc., whether untrimmed or trimmed by the butcher. State whether salt, dried, pickled, canned, fresh or cooked. Specify cuts as loin, shank, etc. and degree of fatness as lean, medium, or fat. Were trimmings taken home and used? Give the weight of bones.

2. Lard and Similar Animal Fats: This includes suet, chicken fat, and fat tried out in cooking from bacon, etc. If such fat is from meat already recorded, it should not be entered on the study again. The weight of any such fat left at the end of the week should be given in the final inventory.
In the case of fats purchased as such, note from the label on the container whether it is animal or vegetable fat and enter accordingly under 2 or 39.

3. Poultry: Give weight as purchased and specify as to whether it was purchased alive; killed and plucked but not drawn; or drawn; or drawn and cut up; or cooked.

4. Fish: Specify whether purchased whole and undressed, whole and dressed, or as steak; whether fresh, salt, smoked, dried or pickled.

Shellfish: With clams and oysters state whether shucked or unshucked. If purchased unshucked, give the weight of the shells as waste or give the weight of the meat and juice alone, and specify which has been done. With regard to lobsters and crabs, state whether the weight includes the shell or only the meat.

5. Eggs: Record weight.

6. Butter: Record weight. If other fat is used in place of butter, include here, unless entered elsewhere, and specify kind.

7. Cheese: Indicate kind. If cream cheese, give trade name, or state whether hard or soft cheese is meant.

8. Milk: Specify whether whole/skimmed, buttermilk, dry milk, or condensed; if condensed, whether sweetened or unsweetened.

9. Cream: Indicate whether cream is heavy or light (Single or double, or the per cent of fat.)

10. Wheat Flour: Record weight, specifying kind by entering in the column indicated whether white or whole or graham.

11. Wheat Breakfast Food: Specify the kind; give trade name; (but corn breakfast foods go under 17, 19, and oat under 19)

12-19. In each case, give the kind of food used, and in 15 indicate kind of pies, cake, etc.

20. Rice: State whether white, brown, or puffed.

21-23. Specify in detail kind of food used.

24. Starch: This includes cornstarch, arrowroot, potato starch, tapioca, and sago. Specify which is used.

25. Specify in detail kind, for example, red kidney beans.

26. Fresh Peas and Beans: State whether weight given includes the pods.

27-32. Give weight of the vegetables as you get them from the store or farm, and state the weight of the part thrown away. State whether this weight of rhubarb, cauliflower, carrots, beets, etc., includes leaves, etc.

33. Canned Vegetables: If homemade, weigh contents; if purchased, use the weight specified on the label. Pickled vegetables include cucumbers, onions, beets, etc. State which is used.

34. Dried Vegetables: Include home dried and commercial products used.

35. Specify in detail kind.

36. Dried Fruit: Include dates, figs (dried), currants, raisins, prunes, evaporated apples, peaches, etc.- Specify kind.

37. Canned Fruit: If very large quantities are on hand, do not include in the inventory, but record as used: or if preferred, set aside an amount sufficient for the week's period, and record on the Inventory sheet in the same way that other foods are recorded. State whether sweetened or unsweetened.

38. Nuts: Specify kind, and whether shelled or unshelled.

39. Oils, etc. In case of oils and solid vegetable fats, give name and kind. (See label on container.)

40-42. Specify and record as usual.

43. Under miscellaneous, include all things not entered elsewhere such as spices, salt, pepper, vinegar, canned soup, gelatine, catsup, etc.

Family Record. If for any reason a meal is entirely omitted, state the fact under "Remarks". Employees, guests, and all others taking meals with the family are to be included in list of "members of household" and "guests".

The investigator should state concisely under "Remarks" whether the family studied has been influenced in its food habits by Home Economics training through clubs, schools, bulletins, milk stations, and other educational measures. Give the educational and economic status of the family and the total family income, and any other information which might add to the value of the study.

Income: The item of family income should be sought tactfully; knowledge of it aids in interpreting food costs; where the investigator is also able to contribute a complete schedule of family expenditures for a month or year and other pertinent information regarding the family studied, such facts will be very welcom

Nationality: This information should be sought tactfully.

The usual dietary and food practice is to be studied, therefore request the family to continue the usual kinds of food, in the usual quantities, not decreasing the amount of usual waste during the week studied. The investigator must guard

herself against giving hints or suggestions regarding food practices before and during the study. If convenient, obtain menus for two typical days. A request for menus may lead to unconscious changes in the food served, therefore do not insist upon it. The families from whom regular food usages are accurately reported are cooperating in an important national service.

Household thrift: Enter under "Remarks" any special practices of household thrift or economies either as regards food or other problems which might be suggestive to other households.

Treat confidentially all facts secured; a family can be assured that its name will in no way appear in the studies made from the data given.

Return the schedules when completed direct to the Office of Home Economics, U. S. Department of Agriculture, Washington, D. C.; or if requested to do so, to the person from whom the investigator received them, who in turn will forward to the Office of Home Economics, U. S. Department of Agriculture, Washington, D. C.

National Dietary Study - Family Record. Date

Address State Town County	State whether Rural or Urban	Approximate population if urban.
Name of Family	Date Beginning / End	
Total Family Income	Nationality	
Name of Investigator	Address of Investigator	

Members of Household.	Sex	Age	Approx. Weight.	Place of Birth	Health	Occupation	Total number of meals away from home during the week.*
1.							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							

Guests	Sex	Age	Approx. Weight.	No. of meals with family.	Were regular or more elaborate meals served.
1					
2					
3					
4					
5					
6					

*i.e., Meals eaten from other than household supplies.

1. Did family follow ordinary routine? _____

Remarks - i.e. Conditions influencing food habits as health, meals omitted, etc.

State amount of milk used by children under seven. Does children's diet differ from that of adults, if so, how?

Return to Office of Home Economics. U. S. Department of Agriculture, States Relations Service, Washington, D. C.

Name. Inventory. Date

Food	Kind and Description	Beginning.				End.			
		Wt.		Cost		Wt.		Cost.	
		lb.	oz.	$	cts.	lbs.	oz.	$	cts.

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U. S. Department of Agriculture, Washington, D.C.

Name

Daily Record 1

Date:

No.	Food	Kind and Description	lb	Oz	$	¢
1	Meat					
2	Lard and similar animal fats					
3	Poultry (whole or drawn)					
4	Fish and shell-fish					
5	Eggs					
6	Butter and other fats used like butter					
7	Cheese					
8	Milk (whole, skimmed, buttermilk, dry or condensed					
9	Cream - Ice Cream					
10	Wheat flour					
	White					
	Graham					
	Entire (whole)					
11	Wheat preparations, such as breakfast foods, bran, etc.					
12	Macaroni and other pastes					
13	White bread and rolls (not homemade)					
14	Crackers					
15	Cake, cookies, crullers doughnuts, pies, etc. (not homemade)					
16	Breads other than wheat					
17	Corn meal, popcorn, grits, hominy, samp					
18	Other corn break-fast foods					
19	Oatmeal and other oat breakfast foods					
20	Rice (white, brown, puffed)					
21	Rye, barley, buckwheat					

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Name | Daily Record 11 | Date:

No.	Food	Kind and Description	WEIGHT lb	WEIGHT oz	COST $	COST ¢
22	Sugar (white, brown, maple) candy					
23	Molasses, sirup, honey					
24	Starch, including tapioca and sago					
25	Dried beans, peas, lentils, etc.					
26	Fresh beans, peas, lentils, etc.					
27	Potatoes (white) Potatoes (sweet)					
28	Roots (beets, carrots, turnips, etc.)					
29	Stalks (celery, rhubarb, asparagus, etc.)					
30	Leaves (cabbage, spinach, lettuce, etc.)					
31	Fruit vegetables (tomatoes, egg plant, cucumbers, etc.)					
32	Other vegetables					
33	Canned and pickled vegetables					
34	Dried vegetables					
35	Fresh Fruit					
36	Dried Fruit					
37	Canned Fruit (jams, jellies, preserves, butters, etc.)					
38	Nuts (shelled or unshelled) Nut - butters					
39	Oils and Solid Vegetable fats					
40	Chocolate and Cocoa					
41	Coffee					
42	Tea					
43	Miscellaneous (any item not included above)					

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